



## 2017 Fall Registration Packet

### Sports Programs for Individuals with Physical Disabilities

Partners for nearly 30 years, Arizona Disabled Sports, City of Mesa Parks, Recreation and Commercial Facilities and Mesa Public Schools have sponsored year-round, weekly sports training for athletes with physical disabilities ages six through adulthood. The partnership also makes possible annual special events and competitions.

Athletes include those with amputations, cerebral palsy, dwarfism, muscular dystrophy, spina bifida, spinal cord injury, traumatic brain injury, visual impairments or various other physical disabilities. Athletes may be ambulatory or use a manual or power wheelchair.

### Bowling • Kayaking • Power Soccer Cycling • Wheelchair Basketball



Arizona Disabled Sports  
59 E. Broadway Road, Mesa, AZ 85210

#### For further information, contact:

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\*For the most up-to-date schedule, please visit us online.

[http://www.arizonadisabledsports.com/Physically\\_Challenged.html](http://www.arizonadisabledsports.com/Physically_Challenged.html)

*Program Schedule Last Updated: 09.11.17*

## AzDS PROGRAM SCHEDULE

### FALL 2017

#### Bowling

The adaptive bowling league offers a chance to socialize and compete with a group of friends in your community. Bowling is one of the world's oldest and greatest sports, a sport everyone can enjoy. Lanes are reserved for two rounds of ten-pin bowling for those just starting out or freshening up their skills.

SEASON DATES: September 9—December 9 (no practice 11/25)

PRACTICES: Saturday from 12:00pm-2:00pm

LOCATION: AMF Mesa Lanes, 2115 E. Southern Ave., Mesa

NOTES: \$5.50 for 2 games paid to the alley each week. Accessible ramps and equipment are available.

#### Short & Long-Distance Cycling

Monthly-integrated group rides explore the Valley. Beginning and intermediate cyclists gain knowledge of equipment, improve riding technique and interact with peers. Family and friends are welcome. For more information on the long distance program, please contact the Program Supervisor for requirements and guidelines.

SEASON DATES: September 9, 23, October 7, (Pedal N' Paddle Fest on 10/21) November 4, December 2. (El Tour de Tucson on 11/18)

PRACTICES: Select Saturdays of each month from 8:00-11:00am

LOCATION: El Dorado Park in Scottsdale

1901 N. Miller Rd. Scottsdale (South Picnic Area)

NOTES: Available equipment on a reservation basis includes hand cycles, three-wheel foot pedaled cycles and tandems. Athletes with their own cycle and helmet are encouraged to utilize them.

#### Junior & Prep Wheelchair Basketball

Youth and teens develop basketball skills, physical fitness and a team philosophy to use on and off the court during the basketball season. To participate in this sport, you do not need to be a full-time wheelchair user. AzDS provides ball chairs for use as many participants walk into practices. Wheelchair basketball is technically and physically demanding, as well as fast-paced. The teams are competitive with home and away tournaments each season. Many of the same rules from its counterpart apply in the wheelchair game. While plays and tactics are similar, special rules, such as those to accommodate dribbling from a wheelchair, are also in place. The program follows the official rules of the National Wheelchair Basketball Association found at <http://www.nwba.org>

SEASON DATES: September 11—December 11

PRACTICES: Mondays from 5:30-6:30pm (Prep) 6:30-9:00pm (Jr. division)

Select Saturday(s) of each month – time is TBD.

Prep Parent Meeting: Sept. 18 at 5:30pm

Junior Parent Meeting: Oct. 2 at 6:30pm

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd., Mesa

NOTES: A limited amount of sport chairs are available for program use. The second half of the season will occur January – April.

#### Kayaking

Learn about safety, equipment and basic paddle strokes for flat water kayaking while gliding freely across the surface of the water. A mandatory pool session to orientate everyone to the sport and tailor a boat to fit his or her needs. From there, it's off to Tempe Town Lake for Friday evening sunset paddles. Come join us with a positive attitude and let the fun and barrier free mobility in the water begin.

**Mandatory water orientation** (for those that have NOT participated in the AzDS orientation): September 8. Location TBD. Contact Program Supervisor for more information. \*Maximum weight limit is 200lbs for the safety of the athlete, volunteers, and equipment.

SEASON DATES: September 22, October 6<sup>th</sup>, (Pedal N' Paddle Fest on 10/21) November 3, 17, December 1 (Canyon Lake on 11/11)

PRACTICES: Select Fridays of each month from 5:00-7:00pm

LOCATION: Tempe Town Lake Marina, 550 E. Tempe Town Lake

NOTES: Kayaks are available on first come first served. Family and friends may participate, as space allows.

#### Power Soccer

A team sport specifically for those who use power wheelchairs, Power Soccer is gaining more momentum worldwide. Using a 13-inch ball and strong foot guards, 3 players and 1 goalkeeper take to the indoor court for a heated match. Players are placed into 2 teams; Arizona Heat Elite, & Arizona Heat Destroyers. The program follows the official rules of the United States Power Soccer Association found online at <http://www.powersoccerusa.org/>

SEASON DATES: September 13—December 13

Team placement is based on skills assessment.

PRACTICES: Wednesdays from 4:30-7:00pm (no practice 11/8, 11/22)

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd., Mesa

NOTES: The second half of the season will occur January – June.

## AzDS PROGRAM FEES

\$50 FOR 1 SPORT

\$65 FOR 2 SPORTS

\$80 FOR 3 OR MORE SPORTS

- Payable by check, cash, or credit to Arizona Disabled Sports
- Mark your calendars! No refunds can be given for dates missed or forgotten.
- Requests for refunds will be accepted during the 1<sup>st</sup> scheduled practice only. Call 480-835-6273.
- A \$25 collection fee will be charged for all returned checks.
- For information about scholarships, call 480-835-6273.

## 2017 SPECIAL EVENTS AND COMPETITIONS

### EVENT: Pedal N' Paddle Fest

DATE(S): Saturday, October 21, 2017

TIME: 10:00-2:00pm

LOCATION: Tempe Town Lake Marina

EVENT DESCRIPTION: Cruise the lake and pathways with some outdoor fun with kayaking, cycling, and dragon boat racing and then muscle up an appetite to enjoyment a little family- friendly picnic.

### EVENT: El Tour de Tucson

DATE(S): Saturday, November 18, 2017

TIME: TBD

LOCATION: Tucson

EVENT DESCRIPTION: El Tour is a fun adventure ride attracting over 9,000 cyclists of all ages and abilities from throughout the United States and worldwide, consisting of novice, intermediate, advanced, and professional riders. For more information, visit: <http://www.perimeterbicycling.com/el-tour-de-tucson/>

### EVENT: Wheelchair Basketball West Coast Conference Bid Regional

DATE(S): Friday, December 1 - Sunday, December 3, 2017 (tentative)

LOCATION: TBD

EVENT DESCRIPTION: Arizona Disabled Sports will welcome teams from across the West Coast for the regional tournament.

### EVENT: Holiday Bowling Tournament

DATE(S): Saturday, December 9, 2017

TIME: Check-in: 12:00pm, Tournament: 12:30pm-2:30pm

LOCATION: AMF Mesa Lanes, 2115 E. Southern Ave., Mesa

EVENT DESCRIPTION: 10-pin bowling competition against athletes with various physical disabilities.



## 2018 SPECIAL EVENTS AND COMPETITIONS

### EVENT: 5th Annual SportsFest– Track, Field & Archery

DATE(S): TBD

TIME: 8:00am-12:00pm

LOCATION: Mesa High School, 1630 E. Southern Avenue, Mesa

EVENT DESCRIPTION: Check out the sports of track, field and archery for athletes with physical disabilities at this one-day event. Participants will be introduced to the basics of each sport and the equipment and have the opportunity to race, throw and shoot!

### EVENT: SkiAble Adaptive Alpine Experience

DATE(S): Sunday, February 11 - Tuesday, February 13, 2018 (tentative)

TIME: Full Day (9am-4pm) / Half Day (9:00am-Noon or 1:00-4:00pm)

LOCATION: Snowbowl – Flagstaff, Arizona

EVENT DESCRIPTION: The cooperative program provides an opportunity for beginner, intermediate and advanced skiers to enjoy the freedom and thrill of the downhill sport. Adaptive equipment and instruction is available throughout the multi-day event.

### EVENT: Desert Challenge Games

DATE(S): TBD

LOCATION: ASU, Kino Aquatic Center, Papago Archery Range

EVENT DESCRIPTION: Multi-sport event including archery, track and field, swimming and air gun rifle & pistol open to competitive athletes with a permanent physical disability ages six through adulthood. Athletes competing in the regional event may qualify for the Adaptive Sports USA Jr. Nationals, the National Veterans Wheelchair Games, and other National Championships by meeting the qualifying standards in their respective events. Check out [www.desertchallengegames.com](http://www.desertchallengegames.com) for more details!



*"Let no one sit on the sidelines"*